



GREEN BEANS, LOW-SODIUM, CANNED

Date: July 2009

Code: A059

PRODUCT DESCRIPTION

- Canned green beans are U.S. Grade B or better.
- Canned green beans are a low-sodium food.
- Canned green beans are whole, cut, or sliced length-wise (French style).

PACK/YIELD

- Each can contains about 15 ½ ounces, which is about 1 cup or 2 servings (½ cup each) after cooking and draining.

STORAGE

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened green beans in a tightly covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

USES AND TIPS

- Serve canned green beans heated, or use in a variety of main dishes, soups, and salads.

NUTRITION INFORMATION

- ½ cup of green beans counts as ½ cup in the MyPyramid.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.

FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor, or liquid spurts out when the can is opened, **throw it away**.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: ½ cup (78g) green beans, low-sodium, canned, drained

Amount Per Serving

Calories	20	Calories from Fat	0
% Daily Value*			
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 140mg			5%
Total Carbohydrate 3g			1%
Dietary Fiber 2g			10%
Sugars less than 1g			
Protein less than 1g			
Vitamin A 6%		Vitamin C 6%	
Calcium 2%		Iron 4%	

*Percent Daily Values are based on a 2,000 calorie diet.

GREEN BEAN DELIGHT

MAKES ABOUT 6 SERVINGS

Ingredients

- 1 cup onion, chopped
- 1 teaspoon garlic, finely chopped
- 1 can (about 15 ounces) low-sodium green beans, drained
- Nonstick cooking spray

Directions

1. Spray a skillet with nonstick cooking spray.
2. Cook onion and garlic until tender.
3. Add green beans and heat thoroughly.

Nutrition Information for 1 serving (½ cup) of Green Bean Delight					
Calories	30	Cholesterol	0 mg	Sugar	3 g
Calories from Fat	0 g	Sodium	75 mg	Protein	1 g
Total Fat	0 g	Total Carbohydrate	6 g	Vitamin A	13 RAE
Saturated Fat	0 g	Dietary Fiber	2 g	Vitamin C	6 mg
				Calcium	31 mg
				Iron	1 mg

Recipe adapted from SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov/>

GREEN BEAN AND TUNA SALAD

MAKES ABOUT 8 SERVINGS

Ingredients

- 14-ounce package elbow macaroni
- 1 can (about 15 ounces) low-sodium green beans, drained
- ½ can (about 6 ounces) tuna packed in water, drained and flaked with a fork
- ½ cup sweet pickles, diced (if you like)
- ½ cup onions, diced
- 1 cup plain low-fat yogurt
- ½ cup light mayonnaise
- 1 ½ tablespoons lemon juice
- ½ teaspoon pepper

Directions

1. Prepare elbow macaroni according to package directions and drain.
2. Add green beans, onions, and tuna. If using sweet pickles, add that in too.
3. Mix yogurt, mayonnaise, lemon juice, and pepper together and toss with macaroni mixture.
4. Chill before serving.

Nutrition Information for 1 serving of Green Bean and Tuna Salad					
Calories	310	Cholesterol	20 mg	Sugar	7 g
Calories from Fat	60	Sodium	333 mg	Protein	15 g
Total Fat	6 g	Total Carbohydrate	47 g	Vitamin A	17 RAE
Saturated Fat	1 g	Dietary Fiber	3 g	Vitamin C	4 mg
				Calcium	89 mg
				Iron	2 mg

Recipe adapted from SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov/>